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Chef Ricardo Cooking ✓
894K views

14:48

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Yolanda Wilson 5 months ago

He may have made his condense milk. It poured easily into the glass. Condensed milk is very thick from the can. So for those worried about it, tweak it to your taste but don't go all into the comments trying to school him on what he uses. Watch the video, get the ingredients, tweak to your liking. It really is that simple.

18 REPLY

Hide replies ^



Nat Elegance Designs 1 month ago

That's right tell dem again

REPLY



queencobra 5 months ago (edited)

Everybody wants to play a nutritionist. What's the point of going to a chef's cooking channel to lecture and b** at the chef? Not to mention these people are clueless....while probably eating hot dogs and other more harmful processed food daily. Smh thank you for this channel and keep up the good work!

35 REPLY

Hide replies ^



EncycloBBUILDING 5 months ago

queencobra:

One does not have to be a nutritionist to know that the concoctor here have adulterated the concoction by adding the condensed milk to it. Be honest now! And, to be proactive, maybe provocative too, I don't eat harmful processed/junk foods at all! There's nothing for you to shake your head about! The chef should be very much aware that the mere fact that he have a channel of this nature, that he would receive constructive criticism at some point in time as is the case, with my contribution here!

Show less

1 REPLY

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REPLY**EncycloBBUILDING** 5 months ago

glenda Mitchell:

Whereas, I'm not the concoctor of the concoction in this video and therefore, yours truly didn't used any spice mix... and further therefore your question isn't directed to me, I believe that you/we are now having this exchange for a special reason. If you mean that you're indeed allergic to milk protein from cow, that's actually a great allergic reaction to have because, the milk of the cow is for the calf because the nutritional requirements for a calf is not that of you! Proof? What a calf would weigh in just a year of growth, would take you twenty years and only if you're obese, too! Coconut milk is a top nutritional choice, to try this concoction with, since, it loaded with a plethora of wholesome and pro-healthy properties(check this out for yourself to verify)! Just keep everything free from adulteration and denaturation for maximum nutritional efficiency, so stay away from the condensed milk and use honey instead, because, the okra, nuts, coconut milk and the spices would give you more than enough taste(unless you're difficult to satisfy) And, please don't consume any beverage very cold since such a state would cause it to leave your system quickly which would defeat the whole purpose of enhancing your health! (which I hope is your goal). And, know that eating healthily and exercising regularly go hand in hand to enhance your priceless heath, Princess Glenda!

Show less **REPLY****Jamdum22** 5 months ago

Nuh true, and some a dem not even can boil wata..lol

 1 **REPLY****gcbwoods** 4 months ago

Jamdum22I'm dying laughing

REPLY**gcbwoods** 4 months ago

A cook is a cook. That's different than a chef. If Okra is the star of this drink dont tell me there are a lot of good values in it. Tell me what they are. And a Chef cooks with precision. A cook cooks with his or her impression. Like an artist does. He is an artist and for that I applaud him.

REPLY**Tifrock Levi** 5 months ago


The last time i drank okra punch was 10yrs ago and my son name is Ishmael.

 25 **REPLY****Hide replies** ^


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👍 🗨️ REPLY

 **Herb** 5 months ago
Lol

👍 🗨️ REPLY

 **Kedian Lamonth** 5 months ago
Tifrock Levi lol

👍 🗨️ REPLY

 **Princess Of Yasharahla** 4 months ago
Tifrock Levi lol

👍 🗨️ REPLY



grantwishes90 8 months ago

If your looking for a healthy substitute for the condensed milk, you can try almond milk, soy milk and honey or coconut milk but it will change the flavor a little even a scoop of vanilla protein powder or plain yogurt

👍 23 🗨️ REPLY

Hide replies ^



James Hall 8 months ago (edited)

grantwishes90 - I like soy milk but there are downsides to it if you are a male, too much of it can suppress the male hormone testosterone, and it produces philo estrogen in men. Almond milk or coconut milk is a better substitute.

👍 4 🗨️ REPLY



Breathmedia Breathmedia 6 months ago

grantwishes90,soy milk is actually toxic and is considered trash. Don't drink it.

👍 2 🗨️ REPLY



NaturalBeauty0708 5 months ago

Soy milk is not healthy, almond milk causes inflammation. There are vegan condensed milks.

👍 1 🗨️ REPLY



Kylar Smith 5 months ago

Nutni egg Or nutmeg? 😊😂😂

👍 6 🗨️ REPLY

View reply v

----- 1 year ago

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[View 6 replies](#) ▾**milli b** 1 year ago

Condence milk is an artery thickner....i dont use the milk it is not good for anyone....

 16  [REPLY](#)[Hide replies](#) ^**Beverley Hohn Chang** 6 months ago

milli b WE'LL MILK IS BAD PERIOD
NOT 1 JAMAICAN HAVE. YET TO DIE FROM CONDENSED MILK
CONDENSED MILK GOES INTO EVERY DRINKS JUXTAPOSING COCONUT MILK THAT IS
ALSO USED IN EVERYTHING
JAMAICANS HAVE ALREADY DEVELOPED A GENETIC. PREDISPOSITION FOR
CONDENSED MILK
TIO FIGHT OFF
CLOG ARTERIES
MANY JAMAICA CHOLESTEROL LEVELS ARE VERY HIGH NATURALLY
YOU WOULD PROBABLY DIE FROM CONDENSED MILK THAN A JAMAICAN OR CUBAN
ETHNIC GROUPS
EVEN BABYS IN CUBA ARE GIVEN LECHE DE CREMA
WERE GOOD
[Show less](#)

 1  [REPLY](#)**Jerome Smith** 6 months ago

thanks for letting me know bout condence milk. in its place what do u recommend to
use n is what ever u use is it going to mess up the taste. now if u say sugar then im
stickn wid the condense milk just my way of keeping to how the drink is made. thanks for
replying

  [REPLY](#)**Curtis Matthew** 5 months ago

Jerome Smith honey

  [REPLY](#)**NaturalBeauty0708** 5 months ago

Jerome Smith they have coconut c coconut condensed milk

  [REPLY](#)**Jamdum22** 5 months ago (edited)

Jamaican being using codence milk for 100 of years and it nuh kill wi. Why change. Dem
other milk is no good.

 2  [REPLY](#)

fact anything in a can

 1  [REPLY](#)



Jerome Smith 6 months ago

its so funny i made that drink a few days ago only wid guinness n egg adding in it wid cashew nuts. people dont know bout that one. lol. its a winner

 12  [REPLY](#)

[Hide replies](#) ^



Don Scarbo 6 months ago

Jerome Smith gonna try this.

  [REPLY](#)



Jenni Kai 5 months ago

Jerome Smith I used to hear my friends from Grenada talk about guinness and egg

  [REPLY](#)



Al Lugo 5 months ago

Jerome Smith Me scared to eat dem raw egg

  [REPLY](#)



Benon Ano 4 months ago

what happened after was the mission successful

  [REPLY](#)



derrick gardener 1 year ago

Chef yuh ting nuh normal mi G up up up slap weh

 18  [REPLY](#)

[View reply](#) v



Ramo Alvarez 4 months ago

Chef is Country yuh come from?The man said nutegg [hahah.Plus](#) he said Ninja [blender.Is](#) that a Nutri bullet? I've stopped using condense milk, haven't used it in yrs, i've also stopped using raw Sugar, haven't used it in yrs.I make smoothies in the nutri-bullet using the fruits as sugar, like a handful of kale, broccolli, plus a ripe banana, melon, apple, grapes, pear, papaya e.t.c. with

 2  [REPLY](#)



Wayne Wayne 6 months ago

Mi a go drink dis and murda something likkle more.....

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**angel gorden** 5 months ago

Ricardo nice recipe except for the condensed milk that totally killed the benefits how about substituting it for almond milk fresh almond milk or even soak almonds blend up give it some more body and more fiber just an idea for you for sweetening honey or dates believe it or not

 5 **REPLY****Mrssewhardtoplease** 5 months ago

Never had that nastiness in ja.

 2 **REPLY****Hide replies** ^**christine1962ful** 4 days ago

That is where I first drank Okra Punch. I was surprised how much I loved it!

REPLY**DJ DEL** 10 months ago

mad thing bredda, that could strengthen uno back

 12 **REPLY****NICO CHALO** 1 year ago

Good for the back

 5 **REPLY****View reply** v**John G** 11 months ago

Thanks my man! I've been looking for an okra punch recipe for years.

 4 **REPLY****P Morrison** 1 year ago

Love your recipes but for this one I have to say while it is tasty and gives energy all the the nutrition is killed from the condensed milk etc.

Not a healthy drink.

Just being honest but like I say I love your other ideas.

 6 **REPLY****View reply** v**EZ chef** 10 months ago

what is nothing-egg? but it looks tasty must try

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**Shackera Brown** 10 months ago

EZ chef nutmeg

[REPLY](#)**EZ chef** 10 months ago

Aden Brown ohhh Ok! Thanks lol

 1 [REPLY](#)**christine1962ful** 4 days ago

[@EZ chef](#) loooiol it's just Jamaicans mispronouncing their own language. We laugh at ourselves about this. Don't ask them to say birth certificate as you will be on the floor rolling with laughter! Nutttenmeg= nutmeg

 1 [REPLY](#)**EZ chef** 4 days ago

[@christine1962ful](#) hahah ok.. I understand thanks. Will try not to ask them to say birth certificate lol.. lickle joke

[REPLY](#)**Queens Natural** 5 months ago

I want to try that with Guinness. Looks good

 2 [REPLY](#)**charmaine mckenzie** 1 year ago

I sell oaka punch but I always cook my okra, am going to try it raw.

 4 [REPLY](#)**leng muzik** 1 year ago

wow too much condense milk..you are defeating the purpose of the healthy drink. .way too much sugar in it

 4 [REPLY](#)[Hide replies](#) ^**James Hall** 8 months ago

leng muzik - Believe it or not there is low sugar condense milk available at a variety of supermarkets. Was surprise to find it, Still sweet, but has less sugar content than regular condense milk. Check it out next time you go shopping, Almond milk or coconut milk are probably better substitute for this recipe especially for the more health conscious

 2 [REPLY](#)**anael aorden** 5 months ago

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**Beth Charles** 1 year ago

Thanks for sharing this recipe. Plz list the name of the ingredients.

 2 **REPLY**
**Winston Leighton** 5 months ago

Jerome Smith,, Any Soy milk or even Lasco powder is a better substitute than condensed milk.

 2 **REPLY**
View reply ✓**Shenel Kondayya Mahabir** 1 year ago

I'm definitely going to try this :) could you please include the ingredients in your description box thanks

 10 **REPLY**
View 2 replies ✓**boringteaser** 11 months ago

Lol u made me laugh we call it nutmeg in vincy 😊

 3 **REPLY**
View reply ✓**Annoying JA Reviews** 5 months ago

U call it okra punch cause you put okra in it. So why not call it oats punch? Nutmeg punch? Peanut seed punch? Tin milk punch?.....

 1 **REPLY**
View 2 replies ✓**Norman Griffiths** 1 year ago

Does that even taste good

 3 **REPLY**
View 2 replies ✓**Leonie Taylor** 1 year ago

Thanks my favorite chef,you rock!!!!!! will do this one.I like this 😊👏

 2 **REPLY**
**Patricia Smith** 1 year ago

do, its best to blend it with the ice

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**LINDA Williams** 1 year ago

Chef, can you explain the benefits and list the ingredients... You keep saying people don't know the benefits, so can you say..



REPLY

**Master Mind** 1 year ago

what is mixed spice?



2



REPLY

View 3 replies ▾

**KinksOnPoint** 1 year ago

I'll definitely be trying this. Thank you for sharing chef!!!



2



REPLY

Hide replies ^

**Sharon Brathwaite** 5 months ago

KinksOnPoint rat. In. Vagina. Ear. Fing. True. Barbados. By. Back. Place. My. Telephone. What. In. Vagina. Place. Born. Sb. By house nighty. Sex. Band. Mohanwk by. Yellow. K. By. Open. Sex. Rohan. Drayton. Money. Want. Bag. Woman. In. Party air. Yellow. K. Run. By. Like. Open. Pit. Point oil. Tap. Animal. Body. Place. Telephone. Back. Place. Ear. Sharon
Read more



REPLY

**Felicia Marion** 6 months ago

I WOULD USE COCONUT MILK INSTEAD OF CONDENSED



1



REPLY

Hide replies ^

**Kedian Lamonth** 5 months ago

Felicia Marion much better



REPLY

**Rubbia Zaman** 1 year ago

It's bhindi in urdu



1



REPLY

Hide replies ^

**Marlon Dean** 6 months ago

geera pork trini style



REPLY

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1 REPLY

Hide replies ^



DJ SHARPE 8 months ago

Cee Jay mi Fi tell yuh



REPLY



jason moss 1 year ago

belly work.



1



REPLY



Gwen Mariko 1 year ago

i have to try that thank you



1



REPLY

View 2 replies v



Megan Kohl 1 year ago

delicious (:



1



REPLY



Romario Toretto 1 year ago

Whats the benefits?



REPLY

View reply v



Mrssewardtoplease 5 months ago

OKRA



REPLY



Mrssewardtoplease 5 months ago

Okra



REPLY



Roshane Parkes 2 months ago

This man measurement have me a way 😂😂😂😂😂 can't stop watch u channel a swear



REPLY



WestWard Pomona Gyrl 2 months ago

Deemmmmm i've never heard of this, looks strange as heck. I love okra, but think im trying to drink

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